



Active Adult Recreation

July - September 2014

SENIOR NEWS

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday

8 am– 5 pm

Holiday Closures:

July 4, September 1

BULLETIN BOARD

4th of July Party Thursday, July 3 @ 10 am

Wear red, white, and blue to celebrate our patriotism! Gene Mann is coming to entertain us, so bring your dancing shoes!



Senior Citizens Day Thursday, August 21 @ 10 am

This is a day that the nation uses to recognize older persons and their achievements. Obviously we need to do that too! Come celebrate with us!



Luuu Monday, August 25 @ 10 am

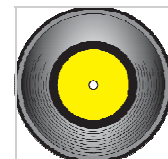
Come beat the heat at our annual luau! Break out the Hawaiian shirts we know you all have!

Grandparent's Day Saturday, September 6 @ 10 am

Bring your grandchildren, great-grandchildren, or neighborhood kids. Enjoy snacks, crafts, and a magic show and make fun memories! See pg. 2 for details.

50's Sock Hop Friday, September 12 @ 10 am

Maddy and Ron are going to take us back to the fabulous fifties for a day! Bring out the poodle skirts and jeans and let's cut a rug!



Free Spirit Vacations and Events

We're partnering with Free Spirit Vacations and Events to offer opportunities to travel a bit. Coming up:

- Sedona Getaway on August 15th for \$99
 - Las Vegas Deluxe on September 14-16 for \$275 per person for a double room
- Come ask us how to sign up!

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Feel like you're in a pinch and you're not sure where to turn?

Our Outreach Specialist, Kris Balzan



is available at the Chandler Senior Center on Mondays and Fridays from 8:00 am – 12:00 pm or you can call (480) 503-6061. She can assist in finding you the information and resources you need including SNAP (food stamp) applications, CAP referrals for utility or rental assistance and more.

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 503-6058

Community Outreach Specialist: Kris Balzan (480) 503-6061

Chandler Food Programs (480) 782-2721

SENIOR NEWS

July - September 2014

SITE COUNCIL

Do you want to have a voice in what happens at the Senior Center? Then attend our Senior Site Council meetings! Meetings are held regularly on the 3rd Monday of each month at 9:30 am. We are taking a break for the summer but will resume meetings on September 15th.

President: Edna Robinson

Vice President: Maretta Wood

Treasurer: Betty Crawford

Secretary: Judy Monninger

Members: Mike Aho, Bill Bennet, Leonard Bhaerman, Thelma Brown, Doris Campbell, Leonardo Chapelle, Ira Hutchinson, Dwayne Jacobs, Bert Johanson, LaVerne Johanson, Edna Kelch, Ann Moore, George Pace, Kiyoko Romero, Nick Simiz, Prannath Tiku, Fred Utter

Staff: Eliza Haws, Kelly Delgado, Kris Balzan

Menu Committee: The next menu meeting will be held July 15 at 1:30 pm at the Chandler Senior Center.

LUNCH AT THE SENIOR CENTER

Meals are served Monday – Friday at 11:30 am.

Arrive by 11:00 am to check in for lunch.

Please note that monthly menus can be picked up at the front desk of the Senior Center or found on our website www.chandleraz.gov/senior-adult.

Reservations are not required but are strongly encouraged.



Suggested donation is \$2.50 for seniors who are 60 years and older, and \$4 for those under 60.

ACTIVITY, TRIP AND CLASS REGISTRATION AND CANCELLATION INFORMATION

Registration is NOT accepted by phone. Please send all registration material to/or drop off at:

Chandler Senior Center

202 East Boston St.

Chandler, Arizona 85225

Faxes are accepted ONLY when no payment is required or payment is made by credit card. Our fax number is 480-782-2725.

Registration

- Complete and sign the Activity and Trip Registration form for each activity, trip, etc. Multiple activities, classes and trips may be submitted on one form. No registration forms will be processed without payment. Space is limited, so please register early!

Cancellation & Refunds

- All cancellations must be made 24 hours in advance (weekends not included) to have money placed on your account for future use. If less than 24 hours, your registration fee will be forfeited.

Some available classes:

- Line Dancing
- Computers
- Art on Porcelain
- Writing Family Memories
- Water Color
- Yoga and Meditation
- Spanish
- Zumba Gold
- Tai Chi

Grandparent's Day "Celebrating the Magic Between Generations"

Saturday, September 6

10 am – 12pm

Chandler Senior Center

Snacks, crafts, games and a Magic Show by Davis Magic!

**Resident fee: \$3 per person
Non-resident fee: \$5 per person
Registration due by August 30.**

SENIOR NEWS

July - September 2014

WEEKLY ACTIVITIES

MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Ceramics 9:00 am
- Bunco 10 am
- Bingo (12:15 pm), Bridge 12 pm
- Hand and Foot 1-3 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Bridge 9 am
- Pinochle 12 pm
- Mah-Jong, Hand/Foot 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Karaoke 10 am
- Gardening Club 10:30 am
- Bingo (12:15 pm), Pinochle 12 pm
- Intermediate Bridge 12:30 pm
- Hand/Foot 12:30 pm

THURSDAY

- Quilting 8:30 am
- Bridge, Crafts 9 am
- Food Box/ Bread Distribution 10 am
- Cribbage/ Pitch 12 pm
- Scrabble, Mexican Train Dominoes 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$6) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo (12:15 pm), Bridge 12 pm
- Mexican Train Dominoes 1 pm

MONDAY-FRIDAY ACTIVITIES

- Coffee Clatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise time and bridge)
- Lunch 11:30 am

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357

Transportation: Dial a Ride 480-633-0101 ext. 4

Coupons for Cabs 480-962-7433

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Renee Ouellet with EMPACT at (602) 672-5048 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

A Cigna Healthcare Representative is available on July 10, August 14, and September 11 at 10:30 am for consultations.

Health Screenings: St. Luke's Hospital sponsors blood pressure for free the first Thursday of every month starting at 9 am.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for a 30 minute legal consultation sessions on September 24 from 9 am to 12 pm. Sign up at the front desk for an appointment!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in July 30 and September 24 at 10:00 am and he's your man!

BMI Screenings: Gemini Hospice offers free Body Mass Index (BMI) and blood pressure screenings the third Thursday of every month starting at 9 am.

Discussion Group: We have "Getting Acquainted with Your Mind" discussion group meeting Tuesdays throughout the fall.

- Communication and Interpersonal Effectiveness (8/5-9/30)

- Brain Fitness (10/7-11/4)

- Intro to Mindfulness (12/2-12/16)

- Core Mindfulness (1/6-2/10)

July - September 2014

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

July

Movie: Cancelled

Lunch: July 16 - Walk to Serranos

August

Movie: August 6 - TBD

Lunch: August 13 - Kneaders

September

Movie: September 9 - TBD

Lunch: September 17 - Café Rio

Monthly Trips to the Casino

July 30

Apache Gold

Cost: \$20 Cash upon registration

You'll receive \$25 slot money upon arrival!

Pick up at 8:30 am

Registration Code: #441SC.444

August 27

Harrah's Ak-Chin

Cost: \$5

Returning players get \$10 free slot play. New players get \$30 free slot play and a free buffet!

Pick up at 8:30 am

Registration Code: #442SC.444

Tuesday, September 23

Vee Quiva

Cost: \$5

Senior Day! Half off bingo as well as complimentary coffee and donuts.

Pick up at 8:30 am

Registration Code: #454SC.134

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

EDUCATION

Educational Meetings in the lounge

- July 1 - Common "Scents" Health and Wellness: Essential Oils
- July 7 - Concentra Doc Talk: Dehydration Prevention
- July 8 - Good Vibrations: Biofield Balance
- July 9 - Brain Fitness: Enhancing your Memory
- July 10 - Cigna Consultations
- July 15 - San Tan Chiropractic
- July 18 - "Angel Awareness"
- July 21 - Importance of Body Donation by United Tissue Network
- July 22 - "Stressed is Desserts spelled backwards"
- July 23 - Brain Fitness: Exercising Your Working Memory
- July 25 - Medicare 101 with Diane Ayers
- July 28 - "Chicken Little was Right: Climate Reality"
- August 4 - Concentra Doc Talk: "Skin Cancer Prevention"
- August 6 - Brain Fitness: Putting your senses to work
- August 8 - What's New with Medicare by Area Agency on Aging
- August 14 - Cigna Consultations
- August 20 - Brain Fitness: Enlisting your emotional memory
- August 29 - Understanding the Affordable Care Act by Area Agency on Aging
- September 3 - Brain Fitness: Practicing for Peak Performance
- September 5 - 100 ways to prevent Alzheimer's: Part I
- September 8 - Concentra Doc Talk: "Cholesterol Education"
- September 10 - "Fraud Watch Network: What to be Aware of"
- September 11 - Cigna Consultations
- September 17 - Brain Fitness: Taking Advantage of Technology
- September 19 - 100 ways to prevent Alzheimer's: Part II
- September 29 - Healing the Natural Way

July - September 2014

ADVENTURES AND EXCURSIONS

Thursday, July 24 - Organ Stop Pizza

Activity Code: #443SC.454

Cost: \$3 registration fee, \$5 non-residents

- Pizza. Awesome organ music. Plain and simple. Come enjoy food while being entertained by the 87-year old organ originally built for the Denver Theater. This historic organ is now in Mesa and entertains families every night of the week! Your meal is on your own and the entertainment is free!
- Leave the Senior Center at 5:00 pm
- Return time approximately 6:30 pm

Tuesday, July 29 - WNBA Mercury Game

Activity Code: #444SC.434

Cost: \$15 registration fee, \$20 non-residents

- Come see Phoenix's Women's National Basketball Association Team take on the Los Angeles Sparks at the US Airways Center. If you think men's basketball gets intense, just wait till you see the women take the court!
- Leave the Senior Center at 6:00 pm
- Return time approximately 10:30 pm

Saturday, August 9 - Hale Theater: Footloose

Activity Code: #445SC.474

Cost: \$28 registration fee, \$38 non-residents

- City-boy Ren who has a passion for music has just moved with his mother to a small town where dancing is a crime. The man enforcing the law is ultra-conservative Reverend Moore whose slightly rebellious daughter has her eye on the new dancer boy in town. Sparks will fly as you watch this musical filled with dancing and singing that will lighten your heart and make you want to get on your feet!
- Leave the Senior Center at 2:15 pm
- Return time approximately 5:30 pm

Friday, August 15 - Sedona Getaway

Cost: \$99 registration fee paid to Free Spirit Vacations

- This is an excursion hosted by Free Spirit Vacations and Events. Come in for more information and to register!

Friday, August 22 - Diamondback Game

Activity Code: #446SC.464

Cost: \$25 registration fee, \$34 non-residents

- It's been a long, hot summer. Take a break from the heat, grab a hot dog and enjoy a good, American baseball game. Come watch as our Diamondbacks take on the San Diego Padres!
- Leave the Senior Center at 6:00 pm
- Return time approximately 10:30 pm

Monday, September 8 - Bowling vs. Gilbert

Activity Code: #445SC.124

Cost: \$7 registration fee, \$9 non-residents

- Brunswick Zone in Gilbert is one of the nicest bowling alleys in the Valley and they are offering us a great deal for 2 games and a shoe rental. Gilbert Senior Center has invited us to play with them - let's show 'em what we got!
- Leave the Senior Center at 1:30 pm
- Return time approximately 4:30 pm

September 14-16 - Las Vegas Deluxe

Cost: \$275 per person double or \$375 per person single paid to Free Spirit Vacations

- This is also an excursion hosted by Free Spirit Vacations and events. The trip includes transportation, 2 nights at the Golden Nugget, one breakfast, and a night tour of Vegas. Come in for more info!

Wednesday, September 24 - Painting with a Twist

Activity Code: #456SC.144

Cost: \$25 registration fee, \$34 non-residents

- Have you always wanted to be an artist but have never been able to uncover your hidden talent? Painting with a Twist can help us! As a group, an instructor will walk us through how to paint the picture below on canvas. Anyone can do it! Come see examples in the Senior Center. This is an experience you won't want to miss!
- Leave the Senior Center at 9:30 am
- Return time approximately 12:30 pm



EVENTS CALENDAR

- July 1 - Common "Scents" Health and Wellness: Essential Oils
- July 4 - Blood Pressure Checks with St. Luke's
- July 3 - 4th of July Party featuring Gene Mann
- July 7 - Doc Talk: "Dehydration Prevention"
- July 8 - Good Vibrations: Biofield Balance
- July 9 - MedMetrics Info table
- July 9 - "Enhancing Your Memory"
- July 10 - Cigna representative to answer questions
- July 11 - Swing Kids are here to entertain!
- July 11 - Create a cute card with Heather!
- July 14 - Music with Carl Nyberg
- July 15 - San Tan Chiropractic
- July 16 - Out to Lunch: Serranos
- July 17 - Gemini Hospice sponsors BMI testing and blood pressure checks
- July 18 - Harmony Foundry talks about "Angel Awareness"
- July 19 - Trip to Bearizona!
- July 21 - United Tissue Network presents "Importance of Body Donation"
- July 22 - "Stressed is Desserts spelled backwards"
- July 23 - Taste of Atria shares their omelets!
- July 23 - "Exercising Your Working Memory"
- July 24 - Try Tai Chi Qigong!
- July 24 - Trip to Organ Stop Pizza
- July 25 - Music with Dallas West
- July 28 - Climate Talk: "Chicken Little Was Right"
- July 29 - Trip to the Mercury Game
- July 30 - Trip to Apache Gold Casino
- July 30 - Movie in the Lounge: The Straight Story
- July 30 - Keith from MedAssure is here to help you fix your walkers or wheelchairs.
- July 31 - Try Tai Chi Qigong

Entertainment, Speakers, Trips, Medical Screenings and Special Events

July 2014

July - September 2014

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1 Speaker 10 am	2	3 Screening 9 am 4th of July Party 10 am	4 CLOSED FOR THE 4TH OF JULY HOLIDAY	5
6	7 Concentra Doc Talk 10 am	8 Paper Craft Class 9 am Speaker 10 am	9 Info Table 9 am Brain Fitness DVD 10:30 am	10 Food Box 10 am Cigna 10:30 am	11 Arizona Swing Kids Show 10 am Creating Cards with Heather 10 am	12
13	14 Benefits Assistance 9 am Music 10 am	15 Speaker 10 am	16 Out to Lunch 11 am	17 BMI Testing 9 am Food Box 10 am AARP 1 pm	18 Speaker 10 am	19 Trip to Bearizona 7 am
20	21 Speaker 10 am	22 Paper Craft Class 9 am Speaker 10 am	23 Taste of Atria 9 am Brain Fitness DVD 10:30 am	24 Tai Chi Qigong 9:30am Food Box 10 am Trip 5 pm	25 Music 10 am Medicare 101 with Diane 10 am	26
27	28 Speaker 10 am	29 Trip 6 pm	30 Casino Trip 8:30 am MedAssure 10:30 am Movie in the Lounge 1 pm	31 Tai Chi Qigong 9:30 am Food Box 10 am		

EVENTS CALENDAR

- Aug. 1 - Creating Cards with Heather
- Aug. 4 - Concentra Doc Talk: "Skin Cancer Prevention"
- Aug. 5 - Renee's Group: "Communication and Interpersonal Effectiveness"
- Aug. 5 - \$2 movie at Tempe Pollack Cinemas
- Aug. 6 - Brain Fitness: Putting your senses to work
- Aug. 7 - Blood Pressure Check with St. Lukes
- Aug. 7 - Tai Chi Qigong
- Aug. 8 - "What's New with Medicare"
- Aug. 9 - Trip to Hale Theater to see Footloose
- Aug. 11 - Music with Jay Farris
- Aug. 12 - Paper Craft Class
- Aug. 12 - Communication and Interpersonal Effectiveness Group
- Aug. 13 - Abundant Senior Care Talk
- Aug. 13 - Out to Lunch: Kneaders
- Aug. 14 - Cigna Consultations
- Aug. 14 - Tai Chi Qigong
- Aug. 15 - Sedona Getaway Day Trip
- Aug. 18 - Music with Bob Doszak
- Aug. 19 - Communication and Interpersonal Effectiveness Group
- Aug. 20 - Brain Fitness: Enlisting your emotional memory
- Aug. 21 - BMI testing with Gemini Hospice
- Aug. 21 - Senior Citizen's Day!
- Aug. 21 - Tai Chi Qigong
- Aug. 22 - Trip to Diamondbacks Game
- Aug. 25 - Luau! Music with David Keller
- Aug. 26 - Paper Craft Group
- Aug. 26 - Communication and Interpersonal Effective Group
- Aug. 27 - Trip to Harrah's Ak-chin Casino
- Aug. 27 - Movie in the Lounge: Get Low
- Aug. 28 - Tai Chi Qigong

Entertainment, Speakers, Trips, Medical Screenings and Special Events

August 2014

July - September 2014

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 Creating Cards with Heather 10 am	2
3	4 Concentra Doc Talk 10 am	5 Renee's Group 9:30 am Out to the Movies	6 Brain Fitness DVD 10:30 am	7 Screening 9 am Tai Chi Qigong 9:30 am Food Box 10 am	8 Speaker 10 am	9 Trip to Hale Theater 2:15 pm
10	11 Benefits Assistance 9 am Music 10 am	12 Paper Crafts 9 am Renee's Group 9:30 am	13 Speaker 10 am Out to Lunch 11 am	14 Tai Chi Qigong 9:30 am Food Box 10 am Cigna Rep 10:30 am	15 Sedona Getaway	16
17	18 Music 10 am	19 Renee's Group 9:30 am	20 Brain Fitness 10:30 am	21 Senior Citizens Day! Tai Chi Qigong 9:30 am BMI testing 9 am	22 Trip 6 pm	23
24	25 Luau 10 am	26 Paper Crafts 9 am Renee's Group 9:30 am	27 Casino Trip 8:30 am Movie in the Lounge 1 pm	28 Tai Chi Qigong 9:30 am Food Box 10 am	29 Speaker 10 am	30

EVENTS CALENDAR

- Sept. 2 - Communication and Interpersonal Effectiveness Group
- Sept. 3 - Brain Fitness: Practicing for Peak Performance
- Sept. 4 - Blood Pressure with St. Luke's
- Sept. 5 - Beyond Golden Era: "100 ways to prevent Alzheimer's, Part I"
- Sept. 6 - Grandparent's Day
- Sept. 8 - Concentra Doc Talk: "Cholesterol Education"
- Sept. 8 - Trip to bowl against Gilbert
- Sept. 9 - Paper Crafts
- Sept. 9 - \$2 at Tempe Pollack Cinemas
- Sept. 10 - "Fraud Watch Network: What is rampant today and how to protect yourself"
- Sept. 11 - Cigna Consultations
- Sept. 12 - Sock Hop with Ron and Maddy!
- Sept. 14 - Leave for Las Vegas trip
- Sept. 15 - Site Council 9:30 am
- Sept. 15 - Music with Richard Tanhueco
- Sept. 16 - Music with MJ Moore
- Sept. 17 - Brain Fitness: Taking Advantage of Technology
- Sept. 17 - Out to Lunch: Café Rio
- Sept. 18 - BMI testing with Gemini Hospice
- Sept. 19 - "100 ways to prevent Alzheimer's, Part II"
- Sept. 22 - Music with Dallas West
- Sept. 23 - Trip to Vee Quiva Casino
- Sept. 23 - Paper Crafts
- Sept. 24 - Trip to Painting with a Twist
- Sept. 24 - Keith with MedAssure is here!
- Sept. 24 - Movie in the Lounge: Secondhand Lions
- Sept. 25 - Flu Shots with Safeway Pharmacy
- Sept. 26 - Music with newcomer Tracy Kroll
- Sept. 29 - Healing the Natural Way

Entertainment, Speakers, Trips, Medical Screenings and Special Events

September 2014

July - September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed for Labor Day	2 Renee's Group 9:30 am	3 Brain Fitness DVD 10:30 am	4 Health Screening 9 am Tai Chi Qigong 9:30 am Food Box 10 am	5 Speaker 9 am Creating Cards with Heather 10 am	6 Grandparent's Day 10 am
7	8 Benefits Assistance 9 am Speaker 10 am Trip 1:30 pm	9 Paper Crafts 9 am Renee's Group 9:30 am Out to the movies	10 Speaker 10 am	11 Cigna 10 am Food Box 10 am	12 Sock Hop 10 am	13
14 Las Vegas trip	15 Site Council 9:30 am Music 10 am	16 Renee's Group 9:30 am Music 10 am	17 Brain Fitness DVD 10:30 am Out to Lunch 11 am	18 BMI Testing 9 am Food Box 10 am AARP 1 pm	19 Speaker 10 am	20
21	22 Music 10 am	23 Casino 8:30 am Paper Crafts 9 am Renee's Group 9:30 am	24 Legal Aid 9 am Trip 9:30 am MedAssure 10 am Move in the Lounge 1 pm	25 Flu Clinic 9 am Food Box 10 am	26 Music 10 am	27
28	29 Speaker 10 am	30 Renee's Group 9:30 am				



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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"Read All About Us!"



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